PRESBYTERIAN-ST. LUKE'S

REVIEW

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PRESBYTERIAN-ST. LUKE'S
REVIEW

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THE RENAL AND NUTRITION SECTION

by Ann Pollak

Under stereoscopic microscope, Dr. Hermann Mattenheimer dissects groups of five to ten cells from frozen-dried kidney biopsy section.

Using pipette, technician draws very small amount of solution containing biochemicals. Specimen is placed in a micro test tube for intensive study of enzyme activities in human kidney.

The Cover
and feature pictures
by Vories Fisher

[1963]

AT NOON TODAY, two-month-old Jennie Phillips, a baby who "failed to thrive" after birth, begins the long road back to health.

As she lies in her bassinette in the children's ward at Presbyterian-St. Luke's Hospital, Jennie will be fed a bottled formula specially prescribed for her by her doctor and dietitian. Her parents listen carefully as the nurse explains the formula. For the next few years, Jennie's life will depend upon what she eats.

When Jennie's mother brought her to the hospital, she had gained little weight since birth. A medical examination showed signs of early cataracts, an enlarged liver and kidneys. Other tests showed an abnormal concentra-

tion of milk sugar in the urine which is not found in healthy individuals. The condition of Jennie, a first child, was diagnosed as hereditary galactosemia —a disease where lack of an enzyme makes it impossible for the patient to assimilate the sugar in milk, which differs from cane sugar.

Jennie will live on a restricted diet containing neither lactose nor galactose—the two sugar compounds contained in milk, milk products and other foods which aggravate her condition—for some years. By the age of nine or ten, however, she should be able to eat a normal diet.

Medical research has made it possible to diagnose the baby's condition early—in time to correct it, before other complications such as mental retardation appear. Her growth and development depend upon the results of scientific study into the most important factor of health in our time—nutritional well-being, an approach which pediatricians have long used in the prevention and treatment of disease in infancy and childhood.

Technician cuts frozen section of human tissue from the kidney material using the microtome. Specimens must be kept in cryostat at −20° C.

The Renal and Nutrition Section of the Department of Medicine at Presbyterian-St. Luke's Hospital provides personnel and facilities to stimulate a deeper interest in the science of nutrition among doctors.

In the laboratories and on the wards of the hospital, a team of physicians, working closely with biochemists, technicians and members of the Dietetics Department, are investigating the relationship of diet to disease. Their studies are directed toward populations, toward investigations of patients, and research into the inner structure of single cells of organs such as the kidney.

What is nutrition? To the layman, it is simply the assimilation of food. To Dr. Robert M. Kark, director of the Renal and Nutrition Section, "The science of nutrition provides knowledge with which the physician can prevent, diagnose and treat disturbances of the biochemical reactions of the body." By manipulation of food and diets, nutrition is used to promote health and prevent and control disease in man.

Political leaders, government executives, administrators, agriculturists, and public health workers have the duty to insure that supplies of food are adequate, both in quantity and quality, for the needs of the people. Food technologists—chemists, millers, meat packers, canners, refrigerating engineers, toxicologists, bacteriologists and others—must make certain that the methods they use for packaging and processing food do not spoil its nutritive value. They must also protect the public from illness due to contamination of foods by agricultural chemicals, additives, and other harmful ingredients. Farmers and other food producers wish to know that the foodstuffs they produce and sell, are wholesome and contribute to essential needs of man.

What part does nutrition play in general patient care? Each patient who comes into the hospital has a regimen prescribed for him by his personal doctor—a pattern of diet, rest, physical activity, and routine expressly designed to conform with his individual needs.

Dietitians and nurses must see that the doctor's dietary prescription is translated into a menu providing attractive meals that are eaten by the patient.

PATIENT CARE/The renal team members work with the artificial kidney.

To this end, they maintain close and cordial cooperation not only with the doctor and patient, but with cooks, kitchen personnel, dietary aids, purchasing agents, and hospital administrators.

It is a primary function of the Renal and Nutrition unit to keep doctors and other professional personnel constantly aware of the importance of the patient's diet—to provide consultation and advice in difficult cases—and to continually educate the medical staff to regard the patient, his disease and progress in the light of what he eats; the fluids he drinks, or accepts into his veins; and the drugs, vitamins and salts he uses.

The Renal and Nutrition team at Presbyterian-St. Luke's Hospital have found that the long term dietary patterns of patients are extremely important in the study of hypertension, and diseases of the cardiovascular system. Research is being done on pregnancy toxemia in close cooperation with Dr. Lionel Schewitz of the Division of Obstetrics and Gynecology. The unit's study of protein patterns is providing clues to the treatment of renal, rheumatic, and other degenerative diseases. They have contributed more than 150 papers to the current literature on the subject.

The unit is doing active research in the area of alcoholism, a cause of cirrhosis of the liver. They are particularly interested in learning why alcohol may have a disastrous effect upon one person, but under similar circumstances not affect another.

Interest in nutrition as a scientific study is extending far beyond the confines of hospitals. Leaders in the food industry, for instance, are acutely interested in the effects of a fatty diet upon cholesterol. They also want to know, together with government health experts, how best to insure economically sound production of balanced diets for the people in under-developed areas of the world. They share

RESEARCH/Technician measures amount of urine produced by rabbit kidney kept alive in artificial state. Kidney (seen in glass bottle above hand) filters laboratory made blood for as long as five hours while its metabolism is studied.

the concern of food experts in the armed forces in wanting to know more about diet in the tropics, and about nutrition among men under combat, and climatic stress.

Members of the Renal and Nutrition unit have done field work in examining the problems which face under-developed nations. They led a government team to the Kingdom of Libya recently, where they conducted a nutrition survey of the armed forces and civilians. They found that the most common problem among the civilians was underweight, the result of caloric undernutrition. This was particularly evident among agricultural workers and reduced their work efficiency. They also found other signs of poor diet, including anemia among women, and rickets in 30 per cent of children examined between the ages of four months and three years. The team later recommended that prevalent trachoma should be studied with regard to nutritional deficiency.

"In general, medical education in the United States, as well as medical practice, has not kept abreast of the tremendous advances in nutritional knowledge," declared a recent statement by the Council on Foods and Nutrition published in the March 16, 1963 issue of the Journal of the American Medical Association.

"It is the responsibility of the faculty of each medical school," continues the report, "to assure the student of an opportunity to learn the modern concepts of nutrition and to obtain some supervised experience in the application of nutrition to clinical and public health problems."

Presbyterian-St. Luke's Hospital, which last year trained over 850 medical personnel, established the Renal and Nutrition Section in 1957. Today, the unit offers educational opportunities in the area of nutrition and single cell study. The work is supported by $200,000 in research grants from the U. S. Public Health Service, the Armed Forces and private pharmaceutical firms.

All members of the Section hold faculty appointments at the University of Illinois College of Medi-

cine, teach junior and senior medical students at the bedside, in the out-patient facilities, and in seminars. They give regular lectures for residents on the importance of nutrition.

The unit's work and special facilities attracts Fellows from all parts of the country and abroad. They spend from one to two years in the unit, pursuing lines of nutritional and renal research in keeping with the unit's current and future interests.

One Fellow from South Africa, who is supported by a U. S. Public Health grant, is experimenting with different forms of artificial blood to keep rabbit kidneys alive in the laboratory. He is studying the nutrition and metabolism of the kidney as it relates to its general functions. If his concept is correct, research on perfused human kidneys would ultimately merge into a larger plan with the Division of Surgery which might make possible kidney transplants in man.

Currently working with the group are Fellows from Israel, France, South Africa, Peru and Canada, as well as parts of the United States.

Medical residents rotate through the Renal and Nutrition Section at the rate of two every three months, or eight a year. They are directly responsible for patients, under the guidance of the senior members of the unit.

What does the kidney do, and how is it related to nutrition? Function of the kidney, which weighs about six ounces, is to conserve water and nutrients essential to the body, and to get rid of waste products which are not. For example, it normally conserves vitamins and sugar and gets rid of wastes like urea.

"The function of the kidney is not readily appreciated by the layman" says Dr. Victor E. Pollak, a member of the renal and nutrition team and an American Heart Association established investigator. "What each heart beat, the kidney filters one-quarter of the blood ejected from the heart. From this filtrate, the kidneys will void two to three pints of fluid a day in a healthy man."

The kidney is rich in protein, vitamins, and other important nutrients. In addition to controlling the biochemical balance of the body, the kidneys are second only to the liver in synthetic activity and other biochemical functions. An unbalanced diet can upset the synthetic activities and functions of the kidney, creating disturbances in other parts of the body.

The study of protein patterns in kidney cells is one of Dr. Pollak's special interests, especially in some diseases where there may be hereditary abnormalities of individual proteins which affect the kidney.

When a patient's condition makes the study of single kidney cells necessary, a procedure called a biopsy is performed under a local anesthetic in a side room of one of the medical floors.

A senior member of the renal team, assisted by the renal resident and a nurse, introduces a two-pronged biopsy needle through the lower back into the patient's kidney. No larger than a match head, the section of kidney removed by the needle is then frozen in liquid nitrogen and taken to the Renal and Nutrition unit's "nerve center"—the Tissue and Cell Biology laboratory.

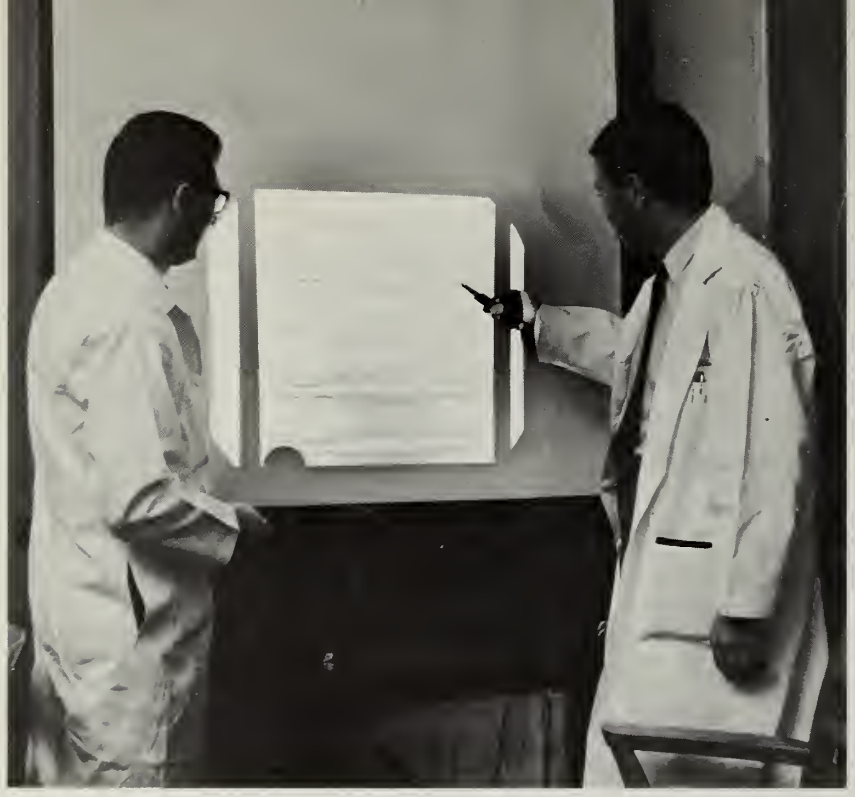
The use of ultramicro-biochemical techniques in investigating disease in a medical research laboratory is some indication of the "new look" scientists of the Western world have taken toward medical research in the last decade.

"The work we do is not only for diagnostic purposes," explained Dr. Hermann Mattenheimer, head of the Tissue and Cell Biology laboratory, "but also to learn the effect of nutrition on kidney function. One way to gain information on kidney function in health and disease is to study the activity of its enzymes."

Dr. Mattenheimer, who is a career investigator of the U. S. Public Health Service, dissects groups of five to ten cells from kidney biopsy sections under a stereoscopic microscope and then weighs them with highly sensitive quartz fibre balances. Each specimen is then transferred to a micro test tube and used for enzyme studies. Enzymes are proteins which, broadly speaking, act as a catalyst of other compounds within the cell.

"One has good reason to assume," said Dr. Mattenheimer, "that a single cell from the human kidney contains several hundred different enzyme species."

The Tissue and Cell Biology laboratory at Presbytrian-St. Luke's Hospital initiated the single cell



TEACHING/Dr. Victor E. Pollak (right) and Dr. Raymond Barcelo, Fellow from Montreal, Quebec, discuss serum protein patterns as seen in various hereditary and rheumatic diseases. Slide will be shown in teaching session.

technique for the study of the kidney. Today, Dr. Mattenheimer instructs visitors from all parts of the United States and abroad in his laboratory methods.

Further and more intensive study of cells and parts of cells is carried out by Dr. Robert C. Muehrcke, a member of the renal team. Using an electron microscope, he is able analyze cells magnified from 3,000 to 150,000 times and is determining the effect of potassium deficiency on patients.

If problems arising from poor diet can be studied in a single cell, is it possible for medical scientists to educate laymen to maintain good health by using sound nutritional principles in their daily diet.

Yes, says an American Medical Association conference report on nutrition teaching in medical schools. The physician's responsibility in applying nutritional principles includes counselling—health planning for individual, family and community groups. Disaster planning, and combating the distortion of sound concepts of nutrition which occurs as a result of food faddism, fanatacism, and unreasonable promotion of nutritional products.

Plan Expanded Renal and Nutrition Facility

Under a 20 million dollar program to provide Presbyterian-St. Luke's Hospital with new educational and research facilities by 1970, the Renal and Nutrition Section will increase available space by approximately 4,000 square feet.

The cost will be some $500,000 for construction, renovation, and equipment for laboratories, consultation, lecture, and dissection rooms. The special metabolic ward within the Department of Medicine will also be used. Detailed studies of the effects of diet and dietary components will be done under rigidly controlled conditions in health and disease.

When completed, the new Renal and Nutrition Section of the Department of Medicine at Presbyterian-St. Luke's Hospital will be the finest in the Chicago area and among the most modern in the world.

NAME COMMITTEE TO RAISE FUNDS FOR NUTRITIONAL RESEARCH FACILITY

Presbyterian-St. Luke's Hospital has selected a committee to raise funds for the establishment of a major nutritional research facility.

Edward C. Jones of Jones Dairy Farms, Fort Atkinson, Wisconsin, has been named to head the committee, which represents the nation's leading food and pharmaceutical firms. An estimated $500,-000 is needed for the construction, renovation, and equipping of the new facility.

Dr. Robert M. Kark, world-known nutrition authority and attending physician at Presbyterian-St. Luke's Hospital, will direct the new center.

The nutrition research center will expand the present facilities for nutrition studies and provide an area for teaching students from the University of Illinois College of Medicine.

Jones said, "We are most fortunate in having a man of Dr. Kark's ability to direct this program. The value of such a program to food and drug manufacturers will be wide-spread. Speaking for food manufacturers, I know of the constant efforts toward the provision of products that will benefit the health of the nation. The study of nutrition is most important in the development of quality products."

A recent report by the Council on Foods and Nutrition of the American Medical Association proposed that more facilities be provided for the teaching of nutrition at the medical school level. The report stated that physicians as well as researchers in the food industry should be better prepared to cope with complex nutritional problems. The present educational facilities are not adequate to meet the demands of today, much less those of the future.

The nutritional research facility at Presbyterian-St. Luke's Hospital is designed to alleviate this problem. Results of the many research programs will be readily available to the food, drug, and other industries vitally interested in the public health.

Committee Members:

Herbert Bain, American Meat Institute
Norman A. Brady, Presbyterian-St. Luke's Hospital
John P. Bent, The Hartford Plaza Bank
Kenneth Carter, M.D., Miles & Ames Laboratories
Gavin Pitt, Gavin Pitt and Associates
Erik Roos, Rival Packing Company
Kenneth Shepard, Shepard Advertising Agcy., Ret.
Richard Simmons, Blunt, Ellis & Simmons
Henry Soldwedel, Sidney Wanzer & Sons
James Wilson, M.D.
Philip White, American Medical Association
John Youmans, M.D., United Health Foundations

Edward C. Jones, chairman of the fund-raising committee.

Color TV Beams Surgery To Clinical Conference

Several hundred doctors attending the annual meeting of the Chicago Medical Society witnessed "live" surgery at Presbyterian-St. Luke's hospital via closed circuit color television March 4-6.

Seven programs, including three operations, were carried by TV to the Palmer House, headquarters for the 19th annual clinical conference.

During the three-day meeting, 5,105 persons registered representing 22 states and five foreign countries.

Dr. James A. Campbell served as Program Chairman for the Chicago Medical Society. Dr. Fay H. Squire was chairman of the Committee on Television. Closed circuit color television was produced and sponsored by Smith, Kline & French Laboratories, Philadelphia.

Twenty attending staff members of Presbyterian-St. Luke's Hospital participated in the televised sessions.

How the conference saw "live" surgery performed on closed circuit television

On the sixth floor of the Jelke Building

Surgery is performed *by Dr. Hushang Javid on a 59-year-old man whose carotid artery is partially blocked by a fatty plaque. Without the operation, the channel to the brain would be slowly closed off, causing a full-blown stroke.*

On the seventh floor of the Jelke Building

Panel members discuss *the surgical procedure while watching Dr. Javid's progress on a TV monitor. L. to R: Dr. Clark H. Millikan, Mayo Clinic; Dr. Robert L. Tentler, Stritch School of Medicine; and Dr. Otto H. Trippel, Northwestern University Medical School.*

THE OPERATION . . . carotid endarterectomy

Doctors attending the Chicago Medical Society meeting were told of a procedure to prevent the stroke—one of the largest disablers of the aged. Surgeons at Presbyterian-St. Luke's Hospital who developed the operation demonstrated the procedure on a 59-year-old man as physicians watched via color television.

The medical audience was told that strokes may be surgically prevented in more than a third of such cases. Until recently, medical students were taught that all strokes arise in the brain itself. It is now known that the largest number of arterial obstructions occur in the internal carotid artery, the large neck vessel which supplies blood to the brain.

The signs of an impending stroke are transient attacks of dizziness, blurring of vision, loss of balance, and occasional difficulty in speaking. A definitive diagnosis is made through high speed X-Rays taken as dye courses through the neck arteries.

The surgical team at Presbyterian-St. Luke's Hospital removed a partial obstruction to restore the arterial blood channel to full flow in the patient. Without the operation, the fatty plaque would build up, causing a full-blown stroke. The reconstructive operation is called a carotid endarterectomy.

After making an incision in the neck about a half-inch below the angle of the jaw, restorative surgery may either cut out the blocked portion or place a patch graft to widen the artery. Usually the block occurs in the internal carotid on the opposite side of the neck as well. A second operation may be performed a few days later to alleviate this condition.

Panelists at Presbyterian-St. Luke's Hospital, witnessing the operation on a television monitor, cautioned the medical audience that once total blockage of an artery occurs surgery has little to offer the patient. Panel members included Dr. Clark H. Millikan, Mayo Clinic; Dr. Robert L. Tentler, Stritch School of Medicine; and Dr. Otto H. Trippel, Northwestern University Medical School.

Two miles away at the Palmer House, **The conference observes** *the operation taking place at Presbyterian-St. Luke's Hospital. Dr. Ormand C. Julian (left) was located with the medical audience before a large television screen. Dr. Julian served as moderator for the panel and relayed questions from the clinical conference to the panel members and Dr. Javid. As the operation progressed, Dr. Javid explained the technique and illustrated the appearance of the surgical site. The doctors in the audience were able to ask Dr. Javid about special instruments, equipment, and the condition of the patient. Drs. Julian and Javid, who developed the procedure, have performed more than 300 such operations.*

W. Clement Stone points to location of biophysics department, 9th floor, south center of building.

GRANT ESTABLISHES BIOPHYSICS DEPARTMENT

A $700,000 grant from the W. Clement and Jessie V. Stone Foundation will establish a chairmanship and a department of biophysics at Presbyterian-St. Luke's Hospital.

The new department will be located on the 9th floor of the South Center building which is currently under construction on West Harrison street between Wood and Paulina streets.

Biophysics is the science of applying physical principles to biological problems. The department will be concerned with research and development of mechanical instrumentation to record electrically biological changes in research projects and in patients before and after medical treatment or surgery. There are three such departments in hospitals in the United States today.

Some $500,000 will be applied to construction costs and movable equipment for the department. The remaining $200,000 will be used to establish a chair of biophysics, similar to a professorship chair at a university. This is the first chair to be endowed at Presbyterian-St. Luke's Hospital.

Clinical Director Named

Dr. W. Randolph Tucker has been appointed clinical director of the Presbyterian-St. Luke's Health Center. Dr. Tucker will coordinate clinical aspects of patient care and serve as liaison between physicians and administrative personnel.

As a member of the section of endocrinology and metabolism, Dr. Tucker was instrumental in enrolling Presbyterian-St. Luke's Hospital in the ten-member University Group Diabetes Program which is studying a thousand diabetics on various courses of treatment.

Dr. Tucker is also investigating the effect of tolbutamide on the development of "known" diabetes. Dr. Tucker did postgraduate work at Presbyterian-St. Luke's Hospital during 1957-59 as a Fellow of the American Diabetes Association.

BRADY ELECTED VICE PRESIDENT

Norman A. Brady, director of Presbyterian-St. Luke's Hospital, has been elected to the newly-created position of corporate vice president by the Board of Trustees effective November 1, 1962.

"As vice president, Brady has full responsibility for the daily operations of the hospital," said John P. Bent, chairman of the board. Brady became director of the hospital following the physical merger in 1959. Prior to that he was assistant director of Presbyterian Hospital.

Brady holds bachelor's and master's degrees from the Northwestern University School of Business. He is a Fellow of the American College of Hospital Administrators; an academic Fellow of the Institute of Medicine; and a member of the Advisory Committee to the Commissioner of Health, Chicago.

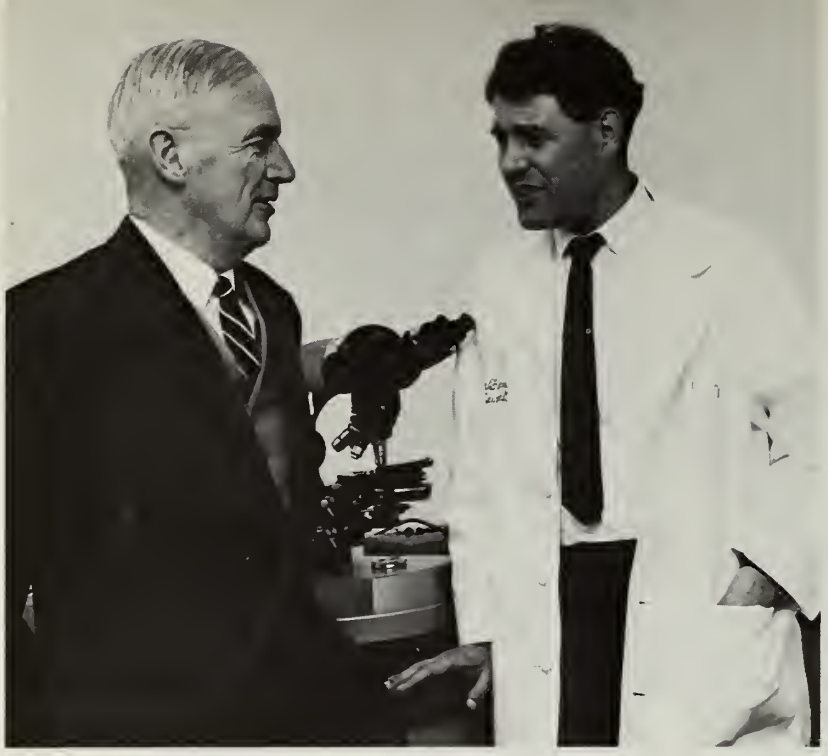
Sparks Awarded First Prize

Ollie J. Sparks, R.T., has been awarded first prize for the best paper presented at the annual convention of the American Society of X-Ray Technicians held in Pittsburgh May 25-30.

Sparks is administrative technician of the Radiology Division of Presbyterian-St. Luke's Hospital. His paper, "Body Section Radiography: The Skip Technique," will allow technicians to better record an image of a selected plane of the body with slight modification of present X-Ray equipment. A major application will enable better definition of certain solitary lesions; also a more informative image of the complex structures of the middle ear.

John E. Milton, associate director, has been named a member of the Joint Maternal Welfare Committee of Cook County. In the committee, which consists of twelve organizations relevant to maternal welfare, Milton will represent the Chicago Hospital Council.

James J. Herman, assistant director of the Health Center, has been advanced to membership in the American College of Hospital Administrators.



Dr. Ian Wood (left), noted Australian physician, addressed a special meeting of the house staff May 23. During a tour of the Jelke Memorial building, Dr. Wood spoke with Dr. Friedrich Deinhardt, chairman of the microbiology department. Dr. Wood is associated with the Walter and Eliza Hall Institute of Medical Research, Melbourne.

MEDICAL STAFF ACTIVITIES

Dr. James H. McDonald has been elected president of the Chicago Urological Society for the year, 1963-64.

Dr. Richard H. Andresen discussed a paper entitled "Hemangiomas in Pregnancy" at the May 13 meeting of the American Gynecological Society held in New Orleans, La.

Dr. Richard E. Buenger addressed the Chicago Roentgen Society April 11 on the subject, "Some Demonstrations of the Vascular Supply of the Kidney."

Dr. Geza de Takats served as moderator of a panel on "Autogenous Vein Grafts for Arterial Obstruction or Injuries" at the May 13 Annual Clinical and Scientific Meeting of the Illinois Surgical Society.

Dr. Harry W. Southwick was elected to membership in the American Surgical Society at their April meeting in Phoenix. April 28-May 1 he attended the annual meeting of the Head and Neck Society in Bermuda. He gave a paper, "Malignant Melanoma of the Skin of the Head and Neck."

Dr. R. Lincoln Kesler *has been elected president of the Diabetes Association of Greater Chicago for 1963-65. Dr. Kesler will administer an expanded program of diabetes detection and health education. The association sponsors a summer camp for diabetic children, lectures for the public, and professional education for the physician.*

Dr. Egbert H. Fell spoke on "Acquired Heart Disease with Emphasis on Cardiac Trauma" and "Congenital Anomalies of the Coronary Arteries Amenable to Surgery" at the Spokane Surgical Society in Spokane, Wash. April 5, he was honored by a membership in the Spokane Surgical Society.

Dr. Friedrich Deinhardt participated in the 13th annual southwestern conference on Diseases in Nature Transmissible to Man, which was sponsored by the Epidemiological Laboratory, Aerospace Medical Division, U.S. Air Force. Dr. Deinhardt spoke on "The Evaluation of the South American Marmoset as a Laboratory Animal." The meeting was April 3-5 at Lackland Air Force Base, Texas.

Dr. John H. Olwin presented "The Relation of Coagulation Factor Defects to Surgical Blood Loss" May 2 in New York city. The meeting was the conference on Bleeding in the Surgical Patient sponsored by the New York Academy of Sciences.

Dr. Paul W. Greeley spoke three times during a South American trip in March and April. He addressed the medical department of the Argentine Navy in Buenos Aires; the Argentine Society of Plastic Surgery; and the second annual Congress Dermatology, plastic surgery section, held at the University of Guadalajara, Mexico.

Dr. John W. Clark has been elected president of the Chicago Roentgen Society.

Drs. John P. Ayer and *Reuben Eisenstein* presented a paper on "Finer Structure of Aortic Elastic Tissue: A New Strip Technique," April 29 before the International Academy of Pathology.

medical staff officers

Dr. Richard B. Capps, attending physician, has been re-elected president of the Presbyterian-St. Luke's Hospital medical staff. Dr. Stanton A. Friedberg, attending otolaryngologist, will again serve as vice president of the 400-member medical staff. Dr. John S. Garvin, attending neuropsychiatrist, has been elected secretary. Dr. Maurice L. Bogdonoff, associate attending radiologist, will serve as treasurer.

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Contributions in memory of the above persons were received by the hospital between September 26, 1962 and June 15, 1963.

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